

THE OFFICIAL PUBLICATION OF USS MAKIN ISLAND (LHD 8)

AROUND THE ISLAND

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HELLO (AGAIN), 7TH FLEET!

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CMC COLUMN

Trusty Shellback vs. Slimy Pollywog

By CMDCM(SW/AW) Steven Alt, Command Master Chief



Sailors who have crossed the equator are nicknamed (Trusty) Shellbacks. Those who have not are nicknamed (Slimy) Pollywogs. As a naval vessel crosses the equator, King Neptune and his entourage, to include Davey Jones, come over the bow of the ship and take over the deck. All of the Trusty Shellbacks work diligently to get the slime off of the Pollywogs and turn them into Shellbacks. This is known as the “Crossing the Line Ceremony.”

Crossing the Line ceremonies originate from the initiation ceremonies of many medieval guilds.

There is documentation of ceremonies at the equator in the log books of French ships as early as the 1500’s. As the trade routes and funding of expeditions to foreign lands caused European ships to regularly cross the equator, the ceremony evolved. A pattern of customs had emerged to provide a ‘baptism’ for all sailors aboard who had not previously crossed the equator. Even Franklin Delano Roosevelt was served summons to appear before King Neptune when traveling to Malta during World War II.

The following is the earliest eyewitness account by an English sailor from 1708. IT was written by Woodes Rogers, an English Privateer and later the Governor of the Bahamas:

Sept. 25. This day, according to cuftom, we duck’d thofe that had never pafs’d the Tropick before. The manner of doing it was by a Rope thro a block from the Main-Yard, to hoift `em above half way up to the Yard, and let `em fall at once into the Water; having a Stick crofs thro their Legs, and well fastened to the Rope, that they might not be furpriz’d and let go their hold. This prov’d of great ufe to our frefh-water Sailors, to recover the Colour of their Skins, which were grown very black and nafty. Thofe that we duck’d after this manner three times, were about 60, and others that would not undergo it, chofe to pay half a Crown Fine; the Money to be levy’d and fpent at a publick Meeting of all the Ships Companys, when we return to England. The Dutch Men, and some English Men, defir’d to be duck’d, fome fix, others eight, ten, or twelve times, to have the better Title for being treated when they come home.

We are fortunate to be in the U.S. Navy. There are traditions in all of the armed forces, but there is nothing that even comes close to comparing to the time honored tradition of the “Crossing the Line Ceremony,” an event that has been going on for more than 500 years. There have been hundreds and maybe thousands of ways the ceremony has taken place. On board USS Makin Island (LHD 8), we will honor this tradition by having our own ceremony. We will not be tying a rope around your legs and hoisting you from the yardarm and dropping you into the water like the above mentioned event, but we will take on the spirit of this naval tradition. When the day is complete, you will feel the pride of being a U.S. Navy Sailor, a Makin Island Sailor, and a Trusty Shellback.

THE OFFICIAL PUBLICATION OF USS MAKIN ISLAND (LHD 8)

AROUND THE ISLAND

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CAPT CEDRIC E. PRINGLE

EXECUTIVE OFFICER:

CAPT ALVIN HOLSEY

COMMAND MASTER CHIEF:

CMDCM(SW/AW) STEVEN ALT

PUBLIC AFFAIRS OFFICER:

MCCS(SW/AW) DONNIE RYAN

DEPUTY PAO/LCPO:

MCC(SW/AW) JOHN LILL

LEAD EDITOR:

MC1(AW) ANDREW WISKOW

ASSISTANT EDITOR:

MC2(SW) ALAN GRAGG

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ON THE COVER:

Chief Aviation Structural Mechanic Carlos Dave runs on the flight deck, along with other Sailors and Marines, during the Cinco de Mayo 5K. [Photo by MC1(SW) David McKee]



The Makin Island Amphibious Ready Group transits the Indian Ocean into the U.S. 7th Fleet area of operations. Ships from left to right: USS Pearl Harbor (LSD 52), USS Makin Island (LHD 8) and USS New Orleans (LPD 18). [Photo by MCC(SW/AW) John Lill]

Makin Island Amphibious Ready Group Departs 5th Fleet, Arrives in 7th Fleet

From Makin Island and Iwo Jima ARG Public Affairs

The Makin Island Amphibious Ready Group (ARG) and the 11th Marine Expeditionary Unit (MEU) were relieved of their duties in the U.S. 5th Fleet area of responsibility (AOR) by the Iwo Jima ARG and the 24th MEU, May 5.

The Makin Island ARG deployed Nov. 14, 2011 and conducted maritime security operations, theater security cooperation engagements, and multiple bilateral military exercises with regional partners within the U.S. 5th Fleet AOR.

“I could not be more pleased with the hard work and dedication from every Sailor and Marine,” said U.S. Navy Capt. Donald R. Cuddington, commander, Amphibious Squadron (PHIBRON) Five. “Each individual’s

outstanding professionalism and dedication to their training during our pre-deployment phase and through this deployment contributed greatly and was the key to the overall success of the Makin Island ARG and 11th MEU team.”

Following the turnover, Makin Island ARG will depart the U.S. 5th Fleet AOR and return to their homeport of San Diego.

“As I look back, every ship had some challenges either before or during this deployment; however, each ship met every challenge or every mission with great commitment and determination to succeed,” said Cuddington. “I would say the key to our success was, that the blue-green team always focused on the mission first. It was never a

blue mission or a green mission. It was our mission.”

The Makin Island ARG is comprised of PHIBRON Five, with detachments from Tactical Air Control Squadron (TACRON) 11, Fleet Surgical Team (FST) 5, Helicopter Sea Combat Squadron (HSC) 23, Beach Master Unit (BMU) 1, Assault Craft Unit (ACU) 1 and ACU 5.

The ships that make up the Makin Island ARG are San Diego-based amphibious assault ship Makin Island, amphibious transport dock ship USS New Orleans (LPD 18) and amphibious dock landing ship USS Pearl Harbor (LSD 52).

The 11th MEU major subordinate

Sailor Earns Third Warfare Pin Since Nov.

By MC1(SW) David McKee, Around the Island Staff

Countless hours of studying and preparing paid off for one Sailor aboard USS Makin Island (LHD 8) when she earned her third enlisted warfare device of the current deployment, May 2.

Intelligence Specialist 2nd Class Emelita Valenzuela earned Enlisted Surface Warfare Specialist (ESWS), Enlisted Aviation Warfare Specialist (EAWS) and Enlisted Information Dominance Warfare Specialist (EIDWS) pins.

Valenzuela never had the opportunity to earn a pin during her previous tours at U.S. joint commands in Guantanamo Bay, Cuba and Seoul, Republic of Korea.

However, her experience in intelligence paid off when it earned her a position helping Makin Island establish its EIDWS program by writing parts of the intelligence portion of the ship-specific personnel qualification standard (PQS). She was one of the first Makin Island Sailors pinned as an information dominance warfare specialist.

Playing a critical role in establishing the ship's EIDWS program speaks volumes about Valenzuela as a Sailor, said Senior Chief Intelligence Specialist Cris Galvez, the ship's senior enlisted intelligence specialist.

"She was hand picked to help implement the intelligence portion of EIDWS, along with four other intelligence specialists, because of their meticulous attention to detail and outstanding technical acumen in their rate," said Galvez.

Earning three pins during her first deployment was an unprecedented achievement, but it is in line with what Galvez has seen of Valenzuela. Galvez said he describes Valenzuela as an "exceptional Sailor" because she has gone out of her way to continually embrace additional challenges like qualifying as a Joint Intelligence Center (JIC) Watch Officer.

"For the last four months, she has stood watch every day, where she is responsible for a four-person

watch team that builds the commanding officer's daily intelligence update brief," said Galvez. "She also led several in-depth intelligence research products for foreign military capabilities, anti-terrorism, and strait transits."

Valenzuela used whatever time she could find outside of work to complete her qualifications.

"I worked 12-14 hour night shifts, throughout the day, and I did walkthroughs, met with the other boardees for study groups, then tried to get a couple hours sleep only to wake up and go back into work for the night," said Valenzuela. "When it came closer to the boards, I was up for over 48 hours at a time trying to balance work and studying."

Galvez said Valenzuela's technical expertise, work ethic and willingness to help others set her apart from her peers.

"She could have earned these qualifications by herself, but instead she always took junior Sailors with her to every training session, or walkthrough," said Galvez. "She led by example and ensured that the junior Sailors in JIC were also making progress on their pins and qualifications. Additionally, she played a huge role in the study groups in JIC and throughout the operations department."

The first pin Valenzuela earned was ESWS, which she completed Jan. 22. The EIDWS and EAWS pins followed.

Sailors earn warfare devices after meeting certain personnel qualification standards for various disciplines in the Navy, such as surface warfare and air warfare.

As of 2010, a Sailor's primary warfare pin is mandatory after a certain length of time at their command, depending on their rank. The qualification process ensures Sailors possess a basic understanding and operating knowledge of their platforms and commands.



IS2(SW/IDW/AW) Valenzuela



Senior Chief Intelligence Specialist Cris Galvez pins an Enlisted Surface Warfare Specialist pin on the uniform of Intelligence Specialist 2nd Class Emelita Valenzuela, Jan. 22. [Photos by MC1(SW) David McKee]



Suicide Awareness - AID LIFE

From Makin Island's CSAAD Team

Some people who end their lives or attempt suicide might be trying to escape feelings of rejection, hurt, or loss.

Others might feel angry, ashamed, or guilty about something. Some people may be worried about disappointing friends or family members. And some may feel unwanted, unloved, victimized, or like they're a burden to others.

We all feel overwhelmed by difficult emotions or situations sometimes. But most people get through it or can put their problems in perspective and find a way to carry on with determination and hope. So why does one person try suicide when another person in the same tough situation does not?

What makes some people more resilient (better able to deal with life's setbacks and difficulties) than others?

What makes a person unable to see another way out of a bad situation besides ending his or her life?

The answer to those questions lies in the fact that most people who commit suicide have depression.

Sometimes people who feel suicidal may not even realize they are depressed. They're unaware that it is the depression – not the situation – that's influencing them to see things in a "there's no way out," "it will never get better," or "there's nothing I can do" kind of way.

When depression lifts because someone gets the proper therapy or treatment, the distorted thinking is cleared. The person can find pleasure, energy, and hope again. But while someone is seriously depressed, suicidal thinking is a real concern.

If you have been thinking about suicide, get help now. Depression is powerful. You can't wait and hope that your mood might improve. When a person has been feeling down for a long time, it's hard to step back and be objective.

Talk to someone you trust as soon as you can. You can talk to a friend, your mentor, a supervisor, the chaplain, a medical representative, or a CSADD member. If a Sailor or Marine approaches you about contemplating suicide, remember the first seven steps to aiding a life: AID LIFE



Ask the person
Intervene immediately
Don't keep a secret
Locate help
Inform Chain of Command
Find someone- Don't leave person alone
Expedite help

Suicide Estimates -

- 33,000 people commit suicide every year (11 times more than the amount murdered on Sep 11, 2001.)
- 11th leading cause of death overall
- 3rd leading cause of death in ages 24 and younger
- One suicide every 16.7 minutes
- Four male deaths for every female death (4:1)
- Prompted by problems at work, legal/ financial problems, relationship problems
- For each suicide, six additional people are usually affected.

Suicide attempt estimates -

- 787,000 attempts per year
- 25 attempts for every one suicide (25:1)
- 3 females to every one male attempt (3:1)

MAKIN ISLAND, PAST AND PRESENT

Ship's CPO 365 Program Reflects on Namesake's History

By MCCS(SW/AW) Donnie Ryan, Makin Island Public Affairs Officer

First class petty officers serving aboard the amphibious assault ship USS Makin Island (LHD 8) learned about naval history and heritage from the ship's chief petty officers (CPO) mess May 10, during Phase II training of the Navy's CPO 365 program.

In fact, naval history and heritage are part of each weekly CPO 365 session held aboard Makin Island and are specifically included in the training curriculum as a way to help first class petty officers develop a sense of heritage, one of the seven guiding principles of a CPO.

For the May 10 training session, first class petty officers learned about the history of USS Makin Island (CVE 93), the first ship named after the historic raid on Makin Atoll in 1942. While only in active service for two years, the Casablanca-class escort carrier won five battle stars during World War II and served as the flagship during the historic Battle of Iwo Jima.

"I feel it's important to understand the history of the Sailors that came before us on the first USS Makin Island," said Chief Mass Communication Specialist John Lill, who presented the history lesson to the first class petty officers during the CPO 365

program. "Like the crew of the first USS Makin Island during their maiden deployment, the Sailors and Marines embarked on this maiden deployment volunteered to potentially put themselves in harm's way during an important time in our nation's history."

Lill said he felt the CPO 365 program was a great opportunity to help spread the history of the ship's namesake.

"The current ship USS Makin Island is named in honor of the Marines of Col. [E v a n s]

Carlson's Raiders, but we have to note the achievement of the Sailors of CVE 93 Makin Island during one of the most trying times of our nations' history," said Lill. "Their 'Gung Ho' spirit and can-do attitude are keys to our current and future success."

First class petty officers who attended the training said they

enjoyed learning about the first ship to bear the name Makin Island.

"I believe that if everybody understood the history of the ship they are on it would instill deeper shipboard pride, and it might even encourage them to look deeper into military history," said Boatswain's Mate 1st Class Alan Higgins, an active participant in the CPO 365 program.

Higgins said he feels the training offered during CPO 365 will help encourage Sailors to learn more about the history of the Navy.

"Sitting on ESWS [Enlisted Surface Warfare Specialist] boards, I watch people miss questions about the meaning of things on the ship's crest and that really disappointed me," said Higgins.

Higgins said he thinks a Sailor's knowledge on naval history and heritage needs to start with their current ship.

"For the junior Sailors, it gives them a sense of pride to be a part of the Navy and truly understand what it means to 'Represent the fighting spirit of the Navy and those that have gone before me to defend freedom and democracy around the world,'" said Higgins.

Information Systems Technician 1st Anthony Campo, who describes himself as a history buff, said he is also enjoying the naval history and heritage lessons offered during the CPO 365 program and knows its importance.

"It's important because the Navy is founded off of traditions," said Campo. "It is our duty to have knowledge of the attributes and accomplishments of our forefathers so we can carry on those traditions. We make history every day."

Campo said he realizes the importance of knowing naval history and said if he is selected for chief petty officer, he will include naval history and heritage training alongside muster, instruction and inspection as part of morning quarters for his division.

The CPO 365 program, established by Master Chief Petty Officer of the Navy Rick West, is a three-phase training process

designed to help instill leadership skills to first class petty officers throughout the year.

Like the rest of the Navy, Makin Island's CPO 365 program is currently in Phase II, which began in March after the list of FY-13 CPO selection board eligible personnel was announced. Phase II is scheduled to continue throughout the current deployment and well after the ship's return to homeport.

Phase III of CPO 365, also known as the CPO induction process, is reserved for first class petty officers who have been selected to become chiefs and begins with the release of the selection message. This phase is expected to start in August and run through mid-September.



The first USS Makin Island (CVE 93) was only in active service for two years, but won five battle stars during World War II and served as the flagship during the historic Battle of Iwo Jima. [Historical photos courtesy of Google Images]



USS Makin Island (LHD 8) transits the Indian Ocean on its maiden deployment. LHD 8 is the second ship named after the historic raid on Makin Atoll in 1942. [Photo by MCC(SW/AW) John Lill]

MKI Sailor Serves in Afghanistan as Individual Augmentee

From The Emissary Informer, newsletter of Kandahar Provincial Reconstruction Team

It is not uncommon to find Sailors serving in a variety of roles on any given day. This includes Navy personnel manning a perimeter tower for force protection, driving Mine Resistant Armor Protected (MRAP) vehicles on convoys, and providing security on missions throughout Kandahar City.

These tasks are not considered part of their normal responsibilities, but each service member fulfills their role without hesitation.

One of Makin Island's deployed individual augmentees is Culinary Specialist 2nd Class Nicole Campbell.

Campbell is assigned to the Kandahar Provincial Reconstruction Team (KPRT), a joint team of U.S. Army, Navy, and Air Force service members and civilians deployed to assist Afghanistan in establishing sufficient and sustainable governance and economic development in

K a n d a h a r Province.

Although she is a trained culinary specialist, the food services on Camp Nathan Smith (CNS) are contracted out, so Campbell fills an administrative role within the S-1 department.

"I like to learn different things so it's exciting to me," said Campbell. "working with different branches of the services is good. I get to see and learn from all different angles and I like it."

Hailing from Detroit, Campbell has been in the Navy for six years.

As an IA, she finds herself as the only culinary specialist at Camp Nathan Smith and has already proven herself as a valuable asset to KPRT working outside her rate.

Campbell has distinguished herself by her energetic approach to life and positive attitude in



Culinary Specialist 2nd Class Nicole Campbell, a Makin Island Sailor who is temporarily assigned to the Kandahar Provincial Reconstruction Team (KPRT), is deployed in Afghanistan doing administrative work as an IA. [Photos courtesy of the Emissary Informer]

carrying out her KPRT duties as S-1 administrative clerk, VIP reception director, and ceremonial flag detail coordinator.

A model shipmate, each day she exemplifies the "can do" spirit and is always willing to help others around CNS.

Campbell is looking forward to returning to the States where she enjoys spending time fishing, camping, and working around her house.

Her future goals include completing her undergraduate degree and advancing to Culinary Specialist 1st Class.



Culinary Specialist 2nd Class Nicole Campbell, a Makin Island Sailor who is temporarily assigned to the Kandahar Provincial Reconstruction Team (KPRT), is deployed in Afghanistan as part of a joint team of U.S. Army, Navy, and Air Force service members and civilians. [Photos courtesy of the Emissary Informer]



MKI ARG (cont.) from Page 2

elements consist of Battalion Landing Team 3/1, Marine Medium Helicopter Squadron (HMM) 268 (Reinforced) and Combat Logistics Battalion (CLB) 11.

"The 11th Marine Expeditionary Unit has completed every task and exceeded expectations in supporting

both U.S. Central Command and U.S. Navy Forces Central Command as a forward deployed Marine air-ground task force," said Col. Michael Hudson, 11th MEU's commanding officer. "The Marines and

Sailors have continuously demonstrated the flexibility and adaptability of the Navy and Marine Corps team as they hit every pitch. This journey started over a year ago, during pre-deployment training and we leave here now proud of what we have accomplished.

"As we begin our voyage home to our friends and families in Southern California, we know that the 24th MEU, who is relieving us, is well led, trained and ready to take the next watch as America's forward deployed force," Hudson added.

The Iwo Jima ARG includes PHIBRON Eight, with detachments from TACRON 21, FST 4, HSC 22, BMU 2, ACU 2 and ACU 4. ARG ships include Norfolk-based

amphibious assault ship USS Iwo Jima (LHD 7), amphibious transport dock ship USS New York (LPD 21) and Joint Expeditionary Base Little Creek-Fort Story-based amphibious dock landing ship USS Gunston Hall (LSD 44).

This is the maiden deployment

are looking forward to getting work done in the U.S. 5th Fleet AOR," said U.S. Navy Capt. Mark H. Scovill, commodore, PHIBRON Eight.

Embarked with the Iwo Jima ARG is the 24th MEU, a U.S. Central Command theater reserve force, comprised of major subordinate

elements: Battalion Landing Team 1/2, VMM-261 (Reinforced) and CLB-24.

"The 24th MEU is manned, trained, equipped and ready to serve as U.S. 5th Fleet's forward deployed crisis response force," said Col.

Frank Donovan, commanding officer, 24th MEU.

"Teamed with our great Navy partners aboard the amphibious ships of PHIBRON Eight, we make a truly flexible, adaptable, decisive, and when required, lethal Navy and Marine Corps expeditionary force. We stand ready to take over for 11th

MEU/PHIBRON Five and continue the superior work they have done across the U.S. 5th Fleet AOR. We wish them fair winds and following seas as they begin their transit home."

The Iwo Jima and embarked 24th MEU will provide support for maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet AOR.



The Makin Island Amphibious Ready Group transits the Indian Ocean into the U.S. 7th Fleet area of operations. Ships from left: USS Pearl Harbor (LSD 52), USS Makin Island (LHD 8) and USS New Orleans (LPD 18). [Photo by MCC(SW/AW) John Lill]



The Makin Island Amphibious Ready Group transits the Indian Ocean into the U.S. 7th Fleet area of operations. Ships from foreground: USS New Orleans (LPD 18), USS Makin Island (LHD 8) and USS Pearl Harbor (LSD 52). [Photo by MCC(SW/AW) John Lill]

for USS New York (LPD 21), built with seven-and-a-half tons of steel from the World Trade Center, symbolizing sacrifice while having the watch being forward deployed.

"We've been working hard to prepare for our new duties in our new theatre, as we recently completed exercise African Lion off the coast of Morocco shortly after departing for deployment, and we

OPINION
ISLAND

What will you remember about being in the 5th Fleet AOR?



"I got to serve lunch to Vice Admiral Hunt and the Big Six. I like taking care of the top dogs."

- CS2 Branigan Carles

"I especially liked training with other nations, and getting to do para-ops with other countries."

- Staff Sgt. R.J. Roberts



"I remember seeing dolphins for the first time. I was intrigued by the show they put on, how they flipped around."

- EM3 Crystal Morrison

"I will definitely remember the training in Djibouti, five very memorable days in Africa."

- Lance Cpl. Ryan Freivalds



MKI
MWR CORNER

TOUR
SALES!

Tours for Makin Island's upcoming port visits!

Sales for tours will end on Wednesday, May 16th.

Don't delay - reserve your spot on a tour now!

For more information on what tours are available, check out the PowerPoint files on the Share Drive at:

S:\ALL HANDS\MWR\PORT VISITS\

... or stop by the MWR Office in the Gym!

MAKIN ISLAND'S
UPCOMING EVENTS

SAT. 12 MAY

1900 EAWS Training (Mess Decks)

2000 Halo 3 Tournament (Mess Decks)

SUN. 13 MAY

2000 ESWS Training (Mess Decks)

2000 Movie on the Mess Decks with Candy & Popcorn

MON. 14 MAY

2000 ESWS Training (Mess Decks)

2000 Board Games (Mess Decks)

TUE. 15 MAY

2000 EAWS Test (Mess Decks)

WED. 16 MAY

2000 Thousand Mile Row (Gym)

THUR. 17 MAY

1400/2000 CPO 365 Phase IIB (CPO Mess)

1900 EAWS Training (Mess Decks)

2000 Trivia (Mess Decks)

FRI. 18 MAY

SAT. 19 MAY

Armed Forces Day

The good news is that it always happens to the other guy...



The bad news is that to everyone else, you are the *other* guy...



SAFETY